

# The Spirit

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## College's Operational Plan Features New Strategy for Upcoming Years

By JESSICA JACOLBE

On February 18, 2015, President Calareso released a draft of the College's Operational Plan to the members of the St. Joseph's College Community. Endorsed by the Board of Trustees, the plan aims a series of major goals designed to work towards fulfilling the mission that has been the cornerstone of the college since its founding 200 years ago: preparing every enrolled student to live a life worthy of the college's motto, *esse non videri*; or, "To be, not to seem."

The president's goals all follow from this lead by wanting to create a college that has expanding enrollment, better public awareness, and a greater reputation for higher learning. Within the goals are strategies listed that will be implemented and funded by the budget set for 2015-2016. There is still recognition for the work that the Sisters of St. Joseph's College has done and the goals all continue in this tradition.

One of the strategies to promote the college's commitment to its mission, vision, and values is to identify the college as having three campuses: Brooklyn, Long Island, and SJC Online. In order for the college to successfully establish the new online 'campus', more programs, support, and training for staff and faculty will be required.

To increase the college's reputation for higher learning, there will be more

programs for the greater population, as well as heightened academic standards. A comprehensive assessment of the current curricula will soon be underway; other strategies include an expansion in technology and an increase in the quality of co-curricular programs on both campuses with the goal of increasing student engagement.

Growing the student population has been one of the key issues that President Calareso has been aiming to address since his arrival. With a more developed trend analysis as one of the strategies, there will be more specific targets when it comes to enrollment. Agreements and expanded partnerships with community colleges, high schools, and corporations will be established, so as to create new programs offered jointly by St. Joseph's College and those institutions. The plan also features an expansion of the residential life program, with the goal of attracting more students from a wider geographical area to the college.

Since his arrival, the Spirit has been documenting President Calareso's many changes to the college's administration, as well as his overall vision for the school. As that vision is revealed piece by piece to the SJC population, it is clear that a large focus of it is on the long-term, multi-year mission of creating a college that will attract, retain, and produce a larger population of more accomplished students.



SJCN.YEDU

President Calareso has released a draft of his operational plan for the future of SJC.

## Saying Goodbye to a Bear: All-Star David Louison

By THOMAS HENDERSON

On the court, David Louison is the most dominant basketball player St. Joseph's College has ever seen. Throughout his four years at the school, he has accumulated over 1600 points, 1,180 rebounds and 59 total double doubles, all of which are incredible accomplishments.

He was rewarded for these accomplishments as well, personally and along with his team. He was named HVIAC Conference Player of the Year this past season, he added a fourth All-HVIAC selection to his very long resume, and had been named as a

USCAA First Team All-American twice. His team has had a winning season every year since his sophomore year, and as a freshman the team broke a streak of four straight losing seasons with a .500 record. They also

received a bid for their second USCAA National Championship tournament in three years this past season.

Needless to say, on the court, he's good. He's good off the court as well.

This past year, David Louison has been given one of the most, if not the most, prestigious award any athlete at this school has received. He was selected to the Capital One Academic All-America Division III Men's Basketball First Team, the first time any athlete at this school has been selected. He's on the All-District Academic Team as well.

When I asked David, who has a 3.93 GPA as a Criminal Justice Major, to speak about being selected for this prestigious award, he said, "There are so many Division III student-athletes that are as equally deserving of this award as I am, so being selected as a member of the First Team is an ex-

tremely humbling honor." He further added that, "when academics are mixed in, the balance (between school and basketball) becomes much more difficult. That's why an award like this makes the whole experience worthwhile. It's a testament to

the hard work and effort of each member of the Academic All-American team put in on and off the court."

Not only is this school losing a premier athlete, it is losing a premier student and person as well. The extremely humble words of David Louison highlight what got him this far and will continue to do so: hard work and determination.

After he graduates this spring, he plans to work as a paralegal, and eventually attend law school and work as a lawyer.

While the future of Bears basketball is bright, we just lost a good one.



SJCBEARS.COM



## Letter From the Editor



Jessica Jacolbe

There are great pleasures in being dubbed a "journalist." First, the word implies an image of a steadfast reporter scribbling away in a tattered notepad sporting a fedora, which we should remind ourselves, is out of style. The other pleasure is the ability and excuse to talk to anyone and ask questions. Without calling myself a journalist, I'm just an obliviously annoying teenage-looking student bugging people for their opinions.

In honor of March being Women's History Month, The Spirit went around campus asking students about their ideas and opinions on feminism. During a busy common hour on a Monday, no one refused to participate in our "Word Around Campus" section, and sure enough they each had articulate and well-developed opinions on the topic. It is important, first, to define exactly what feminism is for our readers. It is the advocacy toward the social, political, and economic equality of women to men.

The dominant society has not always been the biggest fan of feminism... or women for that matter. There are good feminists and bad feminists, but it is also important to teach or have a discussion with someone, rather than completely antagonizing and branding that person with shame and judgement.

In Kristina Hernandez's column, "Clearing the Air," she writes about the epidemic of sexual assault impacting universities across the country. Feminism is important to everyone. It impacts how women are being hired into high-ranking banking positions knowing that they will be blamed when the bank fails. It is needed when campus police in universities are told to overlook reports on sexual assault.

One of the privileges that I will greatly miss about writing for the college newspaper is talking to the students. It is easy to underestimate the kid sitting in the library or cafeteria, but if you just ask or start a discussion, she also has her own opinions and an endless amount of thoughts.

## A Look Inside the Hill Center: What can I do in there?

By URWAH AHMAD

The Hill center is named after the former president Elizabeth Hill. The Hill Center gym is a 43,623-square-foot facility. It is the new addition to the St. Joseph's Brooklyn Campus, and it is the first new building added to the St. Joseph's Campus over fifty years.

The new gym has three floors and a basement. In the basement there is more parking space available to students and staff. On the first floor there is 290-seat basketball and volleyball court. This court is five times as big as the old one. Locker rooms, bathrooms, and showers can be found here and on the third floor.



Photo Credit: Jessica Jacolbe

The Hill Center contains a Fitness Center readily available for all students' pleasure to use at any time.

Then on the second floor there are mainly staff offices, including that of Mr. Frank Carbone, the director of the Athletics department. There is also a VIP lounge found there; this is used by guests, and can be booked by parents also. This room overlooks the court.

On the third floor several rooms can be found. Firstly there are equipped training rooms separated by glass, one

is more focused on cardio with treadmills, ellipticals, rope pulls and other various equipment. The other has weight lifting machines and more muscle building equipment.

There is also a multipurpose room, with office space for meetings or lectures. Lastly, the

facility holds a room for aerobics or dance, which can be used for other activities as well. Outside on the third floor is also a terrace, a space which

should soon see more use as winter turns to spring.

Another new addition is the treatment room. "It provides us the ability to better take care of our players" says Mr. Carbone. This is an area where there are beds, whirlpools, both hot and cold, and other medical equipment.

The new facility offers the ability for our teams to be able to have games on campus instead of going to other schools. Also students who are just looking to work out are also free to come and use the facility.

## How to Conquer Midterms...and Survive!

By BRIANNA TODMAN

It's almost that time a year again, to drudge up your textbooks and catch up on the weeks of readings that you missed. Midterms or finals; if you have them they count for a good portion of your grade for the class. Now I know just reading this probably stressed you out, but don't panic: I've got a couple of tips that will ensure you get through exams unscathed.

**Step 1:** Take a deep breath. Sometimes we get so stressed out and overwhelmed that we forget to take a step back to just breathe and relax.

**Step 2:** Get organized! Decide which subject you want to start with and work your way from

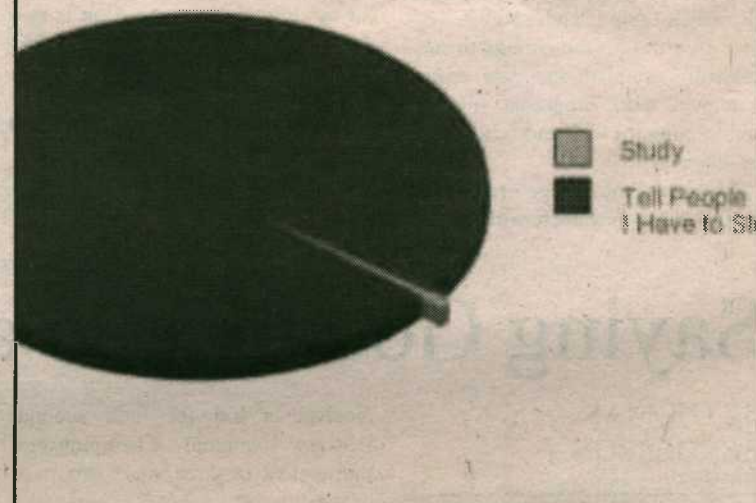
there.

**Step 3:** Catch up on readings. Assigned readings are usually crucial to your understanding information in certain subjects. If you don't have time or have fallen too far behind skim through reading and read the ones that seem the most important.

**Step 4:** Review your lecture notes. Professors usually reiterate what was discussed in your textbooks in class and help you gain clearer understanding on what you read. Hopefully you actually paid attention and took notes on key points from the lecture. If it was mentioned in class it's probably important and will likely be on the test.

**Step 4: MAKE A STUDY GUIDE.** I cannot emphasize the importance of this. Review sheets have helped me ace many tests and if done right they're guaranteed to work. Sometimes you'll have professors that are kind enough to make study guides for you, but if they don't make your own.

## Things I Do When I Have to Study



FLICKR

Hopefully you actually paid attention and took notes on key points

Usually base them off of lecture notes and readings. Make sure to pay special attention to topics and key terms professors mention frequently; they'll probably be on the test.

**Step 5:** Take it one day at a time. Cramming doesn't work and it just stresses you out. You don't have to devote weeks to studying for a specific exam but give yourself at least two days. On day one gather all your

information (on your study sheet) and on day two review that sheet. (You can extend this time based on your discretion.)

**Step 6:** Relax. At the end of the day it's just a test and although it counts for a good portion of your grade, if you've paid attention all semester long and prepared properly, you should have no trouble with your test, assuming you keep focused and stay calm.



# Word Around Campus: Does society need feminism? Do you need feminism?



Haichatou Sall, '18

## Undecided

"We do need it. I [experience sexism] all the time, especially at home; my brothers think they are superior to me. Even parents think the brothers are superior to the girls, and that's not right. I do need feminism because I'm important. Guys are not better than me. We are the same. I have the power that they have. They might be, like, stronger and all that, but I can be strong if I want to."



Elliot Sang, '18

## Journalism

"Of course. It's important that people get both sides of the spectrum. I think as a guy there are some things I don't understand because there are different perspectives on both ends. Of course I need feminism because if you spend so much time isolated or with guys you forget there's a huge world out there and you don't understand important things about life or other people. I think what feminism does is it helps us to cooperate with each other. Some people can be over the top. Any time you antagonize people, it brings a lot of problems."



Maria Cuciti, '17

## Child Study/Speech

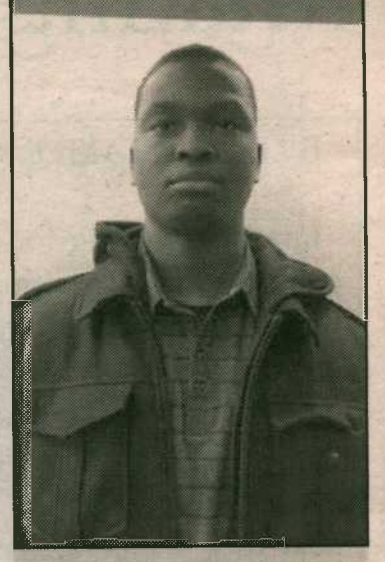
"I don't think our society needs feminism. I do think it's important for women to understand how powerful they can be. Feminism can sometimes go too far. I just think as a society nowadays that women are now rising to the top as much as men. I don't personally think [feminism means equality.] I don't consider myself a feminist because I don't go out of my way and say 'listen you have to go and respect women.' I think we should just speak to women that they can do anything you want so go after it. I don't need feminism. I was brought up where everyone was equal where we had a very open mind. My children will be raised the same way."



Genesis Jerez, '17

## Mathematics

"I think society needs to be more aware about feminism. At times, it's an issue that is disregarded and women are still not equal to men. It should be something all women should know, especially other people so they can be aware of an issue that still exists today. I think I need feminism. I think I lack some of it, and I need to be more open and willing to speak about it, too."



Olumide Lawal, '18

## Journalism

"No. It's kind of manipulative. The man should be ahead, according to the Bible. [Feminism] would cause discourse between the male and female. The man and woman are equal but to a certain extent. The woman has certain limits but the man has certain limits, too. Not everything a man can do, a woman can do too. I think men and women should have equal rights. According to the Bible, they were created equal. Women were from the ribs of men so that's equal. Feminism shuffles the whole position. Feminism can't really work in marriage. If you're a feminist, you might as well be celibate."

# It's All About the Pronouns: What is Cisgender?

By ADRIANA DIBENEDETTO

Just recently, Bryn Mawr College, an all-girls institution, announced that it would begin accepting applications from transgender women, and it is the fourth women's college in the United States to do so.

For years, single-sex institutions have been at a loss for what to do with transgendered students, which shouldn't really be all that hard.

Some girls were born girls, assigned both the female sex and gender at birth, and it feels right, so they stick with it. They don't want to be a boy, or anything else. Same thing with those who are born male. They like being male, and that's all she wrote.

This is called being cisgendered (being a cis male or cis female) and it is apparently the case for a majority of the popula-

Single-sex institutions have been at a loss for what to do with transgendered students...shouldn't really be all that hard.

tion, according to TIME Magazine.

In case you are curious, the prefix "cis" is essentially the Latin for "on this side of," and "trans" being the Latin for "on the other side of." You can think of it as being on this side of your assigned sex, or the opposite. Whether or not a person was born a certain sex does not mean that is the gender they identify with.

Some people were not born

with all the things that entail being categorized as a specific sex, but they know what feels right. Some girls were born boys, and some boys were born girls, and that's absolutely not something extremely hard to understand, or should hinder a person from going to their dream college.

In Lauren Hennessey's article "Pronouns and Cons," he describes it as being, "A straight male who happened to be born in a female body. I know. I don't really get it either. I started to understand when I found out the word for people like me: 'transgender.' I thought, 'We do exist!'"

And that is a powerful excerpt (and a great article). To know that you are not alone in something, that there are people like you, going through the same thing, is extremely important. There is strength, affirmation, safety, and

recognition in a sense of community, and being part of something is no doubt a basic human desire.

And yet we stutter when someone asks us to use "he" instead of "she."

Back in 2013, a transgender high school student made headlines because she was refused bathroom privileges. The administration and parents alike sounded off on the subject, and decided that they would not let her use the girls' bathroom, and tried to persuade her to use the boys' bathroom instead.

If someone politely asks you to call them something, why would you disregard that? How could you reject a person so entirely?

Another young transgender teen just recently committed suicide because her own parents refused to accept her identity, and left a note that urged us all to make her death "mean something."

Because so many people tend to disregard things that do not directly apply to them, or because they don't really make an attempt to understand, the transgender community has been consistently left out, and discriminated against.

Our college's motto is "To be, not to seem." Be the change, help others, make a better world.

So, if you come across a person you are not sure how to address, why not politely ask what they prefer? "They" and "Their" are also perfectly fine to use as gender-neutral pronouns, whether singular or plural, and it's still considered to be correct English usage.



# Student Life & Academics

## My Disney College Program Experience: Making Magic as a College Intern

By ERIC KRAMER

Imagine working for a company that brings smiles to thousands of people everyday. Your main goal is to make people happy and by doing so, you satisfy the job requirements. Also imagine living next to 4 major theme parks and having unlimited access to them whenever you wanted. It gets even better when you receive discounts, meet people from all over the world, make friendships you will never forget, and create a resume enhancing experience that improve leadership, work ethic, and long-term goals.

This job is something that would only happen in a dream. However, the Walt Disney World Resort is the place "where dreams

come true" and certainly made my dream a reality.

Last fall I had the opportunity of a lifetime with the Disney College Program. The program consists of selecting thousands of college students from all over the world to work at Disneyland Resort in California and Walt Disney World in Florida. I received the opportunity to work at Walt Disney World, an area consisting of over 44 square miles of fun. Disney runs a tight but extremely varied operation so there are so many roles (positions) you can be cast as (placed in.) I got cast as a Bus Greeter in the transportation role and little did I know that I struck gold until I started working.

My job consisted of working with Epcot Bus operations. The role of a greeter is to work at all the different bus stops of the Disney resorts. Every morning I would report to Epcot and then be driven out to a resort of my choosing to deliver magic. My duties consisted of keeping track of buses, helping guests to get to

different parks, keeping safe and efficient lines, and making sure that every guest had a great experience as they walked out of their rooms to start their day. It was a complete blast and an awesome perk was that I was done everyday by 12:45pm. Granted, I had to get up at 5am every day but it was completely worth it to have the rest of the afternoon and night off.

Unfortunately, since you are dealing with people everyday, there are going to be some unhappy guests who make the job difficult. I had some situations when buses were late and I had to control guest levels of frustration and agitation. Even though most of the issues were out of my control, there would always be some guests who would reaffirm my efforts and say, "we know its not your fault."

This would bring me back up from hard days and I learned so much from it. It would also make everything worth it when families would tell me, "You just made our day." There is no greater feeling then

spreading happiness in the small ways that people appreciate.

To sum up my college program experience is extremely difficult because there are so many memories to look back upon. I learned from the greatest guest service managers in the world, got to go on rides such as Space Mountain and The Tower of Terror whenever I wanted, met Mickey Mouse (my boss), and even got to do the program with my loving girlfriend, Hayley Aguilar.

I received so much out of this program and would recommend to anyone with any major. It truly is a life-changing experience that will enhance your professional career and give you some permanent pixie dust to spread happiness all around you.

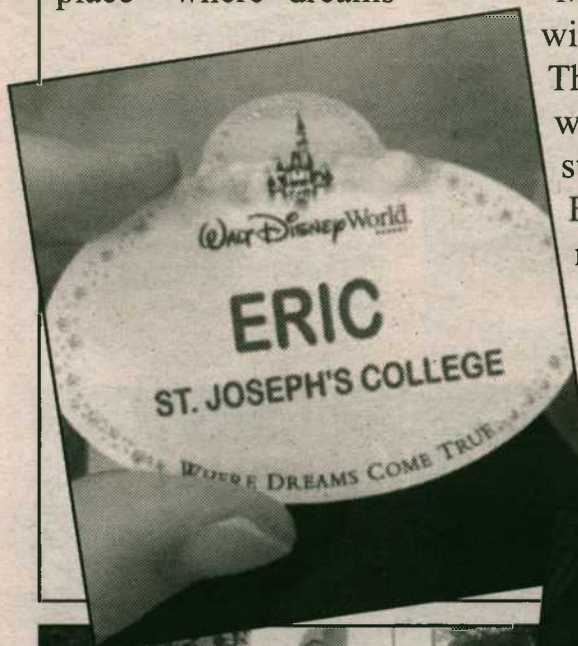


Photo Credit: Eric Kramer





# Firsthand Account of the NYC Sanitation Exam: A Sad Reminder of the State of Affairs

By JOSEPH GUZMAN

The written part of the New York City sanitation worker civil service exam took place a few weeks back for the first time in eight years. This marked the beginning of the rigorous and overly bureaucratic process that becoming a New York City sanitation worker involves. I applied for the exam during the registration period this past October and was eager to take the test in the hopes of attaining a high score and progressing into the next phase. However, certain aspects of the event proved to more disheartening than positive.

The time of the exam was set for 9:00 A.M. at Junior High School 194 William Carr in Whitestone, Queens. Knowing that there were going to be a lot of people taking the test with me, and heeding advice from my parents, I arrived before 8:00 am. In fact, the number of people who registered for this year's exam, which totaled over 94,000, was the most since 1993 when there were 101,000 applicants (Colangelo, 2014). When I arrived there were already about twenty to thirty others waiting in line outside of the school. We were soon let inside where we filled all of the auditorium's seats resulting in some having to sit on the stage while others having to stand. While I sat there and waited for the exam administrators to notify when we could proceed to the classrooms I watched the scene around me.

I noticed a discouraging demographic aspect of the exam participants. Many of the individuals were well past their prime. Obviously, I did not go around asking these people how old they are, nor can I exactly determine how old an individual is based on appearance, but my visual judgment is as good as anyone else's. Many of the individuals were at least forty years old, and several were definitely fifty



Photo Credit: New York Daily News

"The problem with this situation is the fact that individuals of forty years of age and older, as well as those a bit younger, still have not been able to secure a job that supplies an adequate income with benefits," writes Joseph Guzman.

years of age or older. I witnessed a few individuals who appeared to be around my age, 20, but I would say the majority were in their late twenties and thirties.

The problem with this situation is the fact that individuals of forty years of age and older, as well as those a bit younger, still have not been able to secure a job that supplies an adequate income with benefits. I say this in no way to insult the occupation of a sanitation

worker. The occupation is a very honorable one that is needed by society, especially in such a densely populated urban area like New York City. It also provides great benefits with a decent starting salary that increases exponentially within five and a half years. In addition, the opportunity is open to many people since the job only requires a high school diploma or a GED.

Besides my own observations,

the sheer magnitude of the exam participants proves how desperate many individuals are for a job with decent pay and benefits, even if it involves tough physical labor and dealing with trash. It is becoming almost impossible for high school educated individuals in an economy becoming increasingly dominated by the service sector, full of part-time positions that provide no benefits whatsoever.

I felt somewhat guilty taking the

exam knowing that I have a much better chance of landing a well-paying job in the future with my prospective bachelor's degree. I hope that those individuals who could really use the salary and benefits of the job did well and are able to continue with the exam process. More importantly, I hope that picking up garbage becomes a less popular potential occupational choice in the supposed land of opportunity.

## Clearing the Air: Sexual Assault On Campus

By KRISTINA HERNANDEZ

Imagine you are one of the thousands of freshman who will be leaving their homes for the first time this fall. For the sake of this article, let's say that 200,000 will leave home and live on-campus this fall, and that from this population 100,000 are women 17 to 19 years old. Now during the college careers of this 100,000 women, 1 out of every 5 will experience some type of sexual violence against them. That is 20,000 women who will be forced into a sexual act she did not consent to, and that number is low when you take the entire nation into account. As reported by the American Association of University Professors, 20 to 25 percent of college women will report having been sexually assaulted, as well as four percent of men.

In April 1986, Jeanne Clery was

On the other hand, the campuses themselves do not encourage victims to report.

a 19 year-old student of Lehigh University and a resident of Stoughton Hall. She was attacked, cut, raped, sodomized, and strangled by Joseph M. Henry, who is currently serving life without the possibility of parole. At the time there was a rapid increase of violent and nonviolent crimes on campus that the Clerys had not been informed about when their daughter committed to attending Lehigh. Through their grief, Clery's parents were able to start

the Clery Center for Security On Campus and created a law that was implemented in 1991 known now as the "Clery Act." The act requires all colleges and universities that participate in federal financial aid programs to keep and disclose information about crime on and near their respective campuses.

Just because campuses are required to report all incidents of violent and nonviolent crime does not mean they do. Rape is underreported crime in general, so it is logical to believe that it would also be underreported on college campus when alcohol or drugs are involved, when it is someone you see every day in class, or when it is a combination of both.

On the other hand, the campuses themselves do not encourage victims to report. They want to keep their crime statistics low and their names out of the paper. In his new documentary "The Hunting



Photo Credit: The New York Times

"The Hunting Ground" is a documentary by Kirby Dick examining sexual assault on campus.

Ground." Kirby Dick exposes how a system that is suppose to protect and educate young daughters is completely ruined from the top down. Campus police are told by their higher ups to try and prevent the victims from bringing the cops in, and on the occasion a cop is brought in, campus police often encourage the victims to shower before the rape kit is done, virtually destroying any evidence.

Presently, many activists have banned to together to file a Title

IX Act violation against their campuses. Title IX states, "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance." Schools that receive federal money and are in found to be in violation of the act will have their funding revoked.



# Lifestyle

## Restaurant Review: Coffee at the Brewklyn Grind

By MICHELLE DARRIS

Are you looking for a peaceful place to finish up some schoolwork but have a hankering for first-rate coffee? Rather than slugging away at a library, head down to Brewklyn Grind to get the best of both worlds.

This cozy coffee shop is located on 557 Myrtle Avenue, just a 10 minute walk from St. Joseph's College- and yes, you can go during common hour and still make it back in time for your class.

The journey began 12 years ago with the three founding brothers of Brewklyn Grind roasting the first batch of coffee in their Brooklyn apartment. From there, the brand grew and aided by the brothers' dedication and combined passion for quality coffee, the business came into full fruition with the recent opening of the flagship store.

As the witty brand name may suggest, Brewklyn Grind boasts locally roasted coffee, but now includes a cafe that embodies Brooklyn's quintessentially urban atmosphere.

Authentic brick walls and wooden flooring give the cafe an old-timey

Brooklyn feel that creates a comfortable and laid-back environment. There are seats near the windows for grabbing coffee with a friend or tables near the rustic walls that are the perfect place for writing that English essay.

The baristas are beyond friendly and as coffee-enthusiasts, they are more than willing to answer any questions you have as well as offer recommendations to guide you to your perfect cup of coffee. Because the coffee is initially roasted in small batches, it has a freshness that is apparent in the end product.

I am a devout black coffee drinker, so it was recommended that I try the pourover. I was pleasantly surprised by both the richness and the depth of the coffee and urge my fellow coffee lovers to try it.

For those who aren't as ardent over coffee, Brewklyn Grind offers a variety of tea options as an alternative. The brand also sells their coffee and tea in hand-designed packaging that can be a beautiful gift.

So whether you're looking to give the gift of coffee or are want to sit down to have a cup, give the Brewklyn Grind a try for some of the best coffee you'll ever drink.



Photo Credit: Michelle Darris

Brewklyn Grind: 557 Myrtle Ave (b/w Emerson Pl & Classon Av) is a mere six blocks from campus

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460 Myrtle Ave

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## the RUNNER

The Runner @therunnerbk @therunnerbk



# Lifestyle

## Fashion at St. Joe's: Sweatpants or Stylish?

By ALESSANDRA LANNO

It is 6 AM. You roll to the other side of the bed, look at the time, and immediately decide to hit snooze, at least that's what I do, 6 AM is much too early. You stumble out of the bed, do your usual morning routine of washing your face, brushing your teeth, and brush out your hair. Now here comes the part most people dread--picking out what you will wear for the day. For some, it is a breeze. Throw on your comfiest, hoodie and sweats and call it a day.

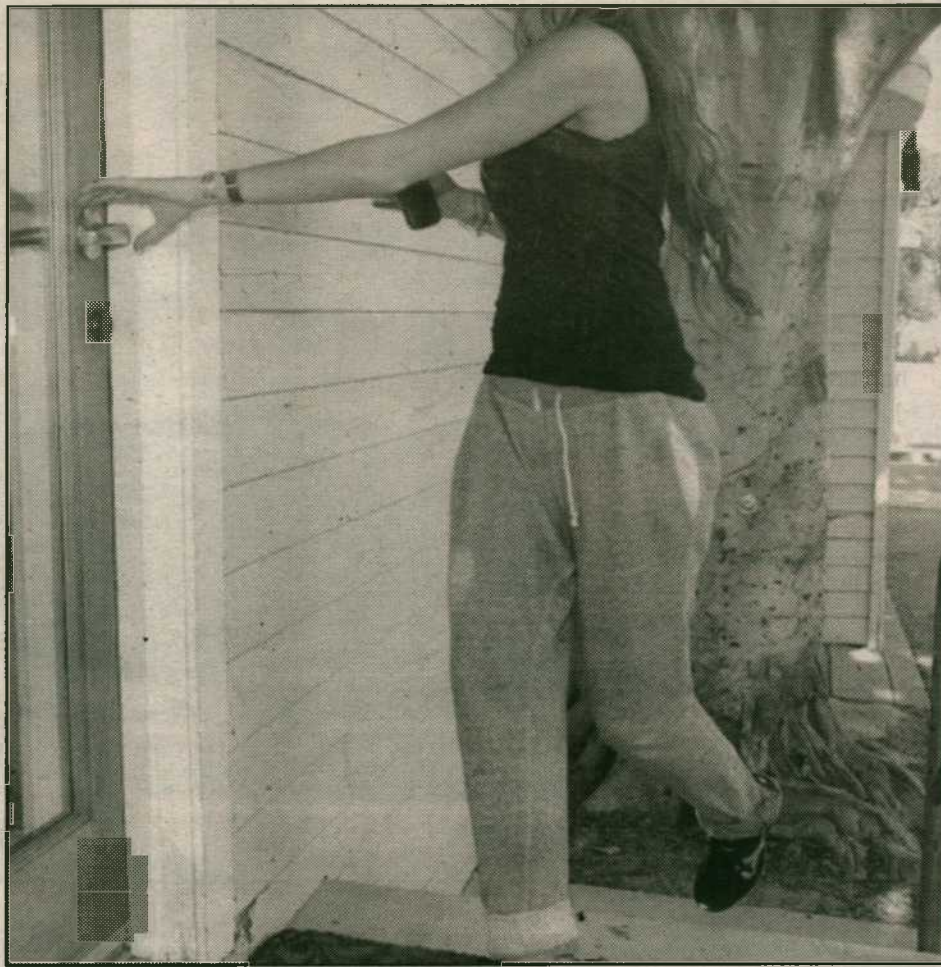
For others, we lay out a bunch of clothes on the floor or bed, pondering on the "look" we want to achieve for the long day ahead. Does style really matter when it comes to school? When this question comes to mind, I imagine myself on a typical school day. I am not the type of girl who plans out her outfits for the week, or even the night before. I am the type of girl who will do her makeup and put on an outfit that may not be comfortable but does look quite trendy.

I do believe that when you dress to impress, it can have a positive outlook on your day. On days

where you feel you look your best, don't you feel ready to take on the day? It may sound a little exaggerated, but take interviewing for a job as an example. Looking your best in a clean, sophisticated manner, the interviewer will not be distracted.

There is nothing wrong with being comfortable. In fact, you can look stylish while being comfortable as well. A simple t-shirt, sweatpants, matched with a scarf can look like you have made an effort. As long as you feel confident in your skin, that's what should really matter. One student says, "Honestly the way I dress day today depends on how I feel. Everybody is different has different styles and everyone is stylish in their own way."

If your personal style is simply jeans and a t-shirt, continue with it. In fact, you can build upon it. The key factor in style is having confidence and also what makes you happy. When it comes to style, campus or off campus, is simply being yourself and expressing yourself through your clothing and appearance. I will end this article with one last piece of advice. Remember girls or guys, you wear the clothes, the clothes don't wear you.



FLICKR

## Local Alternative Food Choices Around Campus

By URWAH AHMAD

Many students have different dietary restriction whether it is out of choice or because it is necessary for their health. Where do these students eat around campus?

Although there is a lot of variety around campus however sometimes it can be hard to find a place that meets our dietary needs. Many students have found a way either through their friends or just looking around the neighborhood themselves.

Amra Aliyu is a freshman who is vegan, and she says, "There is a place on Myrtle Avenue called Energy Fuel." She says that "the falafel sandwiches, aired fried French fries, and salads are very good and they have very nice setting."

Then there is Jannatul Rahman who is a jun-

ior: "There is a great deli with halal food called Deli on the Hill."

Casandra Mendez says Luigi Pizzeria has a great variety of pizzas. They have a great selection of vegetarian and vegan options.

Also on Myrtle Avenue is a restaurant called Zaytoon's, which is a Middle Eastern place. This eatery has a variety of vegetarian and vegan food also. There are bread, sandwiches, burgers, pizza, and other offerings.

If you have more of a sweet tooth there is place called Clementine Bakery on Greene Avenue, where they offer a ton of variety in vegan sweets, organic cakes, pies, cupcakes and more.

Don't think that having a different diet can stop you from eating well. Many restaurants are trying to cater to the needs of different people. Therefore just take a look around and expand your food palette.

## The TV is Watching You, Really...

By CHARLES SIMIONE

Technology is becoming so advanced that Samsung's TVs have a special voice feature that allows you to change channels and select menu options without the use of a remote. Is money the only price you are paying? If this voice feature is on, the T.V. will be able to listen and record every word you say. These recordings, according to Samsung, get sent to a "third party." This so called "third party," according to CNN, is actually a company called Nuance, which converts voice into text and stores that information. This voice text information can be sent to the Internet, the government, and/or be hacked. The privacy you have in your own home may not be so private after

all. Imagine discussing your personal information like social security or health insurance near your TV. Your life can be ruined all because you did not know that your TV had the ability to hear everything you say.

TV is not the only technology listening. Smartphones, iPhones, and even Gmail may know what you are typing and send them to other "third parties." If the government is listening, they might want to know hidden financial information so that they can charge you even more money on your next bill. Regular and voice texts sent to Internet can be seen by other people, which will put you at risk. Hackers can listen in on your conversations and text messages to get personal information.

Be careful what you say, whether you are on the Internet or in your own home because someone or something may be stalking you.

## Graceful Living: An Advice Column

Dear Graceful Living,

Okay, so I have an issue and I know how to fix it, I just can't get myself to actually do it. I know that this is an advice column to help tell you what you should do, but I need you to help convince me why I should do it. No judgment, okay? I was with my ex-boyfriend for two years. We broke up over a year and a half ago and I just can't get myself to cut the cord.

Sincerely, Help Me!

Angel, with every person that you share your heart with, a piece of you goes with him or her. This piece of your heart, this piece of your being, will eternally be stamped by the footprint that these boyfriends (and girlfriends) leave behind when we walk away. I understand that we are advised to live young and wild and

free, but we are never told just how empty we would feel afterwards.

When you first break up with someone you go through the emotions of being apart. You feel this rush of unwanted emotions because

you have just been stripped of a comforting presence. Your life changes because its direction changes. Months pass, and before you know it, your smile returns. Eventually, you are okay. But then, suddenly, like a gush of

wind, "what feels like yesterday and forever all at the same time," you realize just what they have done to you. Your heart will never be the same again.

Loving and being loved is the core essence of our existence, but when we allow that treasure to be abused, we are cutting ourselves so short. I clearly am unaware of the details of not only your relationship then and now, but of you and your personal story. My only advice to you would be to think about the man you are one day going to wake up to every morning. Don't you want to be whole for him? Don't you want to let these wounds heal so that you love him flawlessly, without any hindrance? You owe him the ability to love his imperfect self, perfectly... just as you expect the same passion and romance in return. Too frequently do we fail to take that into consideration. I understand yesterday and today, but why are you not thinking about tomorrow?

To submit your questions that will appear in the next issue, visit:

**ASK.FM/GRACEFULLIVING**

Photo Credit: Stephanie Ocasio



# The Future of Bears Basketball

By THOMAS HENDERSON

For a little school, basketball is starting to become a big thing at SJC. Both the Men and Women's basketball teams had appearances to the USCAA National Championship tournament this past season and both had their coach win coach of the year. Although neither team came home with gold, they come home with more prestige, something they have been growing for years now.

Coached by Mr. Joseph Cocozello, the Bears have been a force during my three years at the school, and that started the year before after they stopped a four-year losing streak. Since then, the Bears have become a staple in the HVAIC Championship game, as well as the USCAA tournament. And, seemingly, every year the team looks better, and a lot of that



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David Louison, Senior All-Star featured above.

is the quality of new talent to the squad.

The Lady Bears, too, are not anything to scoff at. Since their first NCAA tournament bid in 2011, Coach Frank Carbone has led them to very high levels of success, including a HVAIC Championship win this year.

With all of this success, only

more success can be on the horizon, and that starts with the changing of the conference.

All of our campus' varsity teams are migrating to the more prestigious Skyline Conference, which can only help bring more student-athletes to the school, which, as anyone who watches college sports knows, makes your

program. In the case of basketball, the two teams have a chance to really start recruiting local and regional (maybe even overseas) talent to the school, which can further the programs into Skyline Champions and more national tournament bids.

The basketball teams have been the talk of the school since I have

been enrolled here, and that's because of their successes. But with excellent coaches such as Joseph Cocozello and Frank Carbone, and with a brand new gym and a growing program, the sky is the limit for the Bears.

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